

DANGERS OF LONG WALKS.

Two Rush Pedestrian Exercise Halls People Walk, Cross and Toss.

Few persons are aware that violent pedestrian exercise, by generating more carbonic acid than the lungs can conveniently get off, fills the system with poison and stiffens the muscles, says the London Truth. It is, for this reason, very dangerous if the heart is weak. The professional pedestrian is hardly ever ill, whereas the amateur is in great danger, because he takes exercise without filling the blood with the poison I have just named, the immediate effect of which is shortness of breath, sometimes with a stitch in the left side. Cyclists make journeys of hundreds of miles without getting knocked up. This is because the lungs are not overstrained as in, say, a long, quick walk or pedestrian race. Alpine climbing is worse than running. It has been noticed that Alpine climbers, whose forebears were not fine out of mind swimmers, began to break down after eight or nine seasons of mountaineering and age prematurely. I am glad to know this, because I care little for mountain scenery, and feel as if in jail when I rise above the Alps around me. The sunlight from down to dusk and the simple and reposeful horizon of the plain are far more congenial to me than the patchy lights and chillingly deep shadows of mountains. Ladies, it also occurs to me, may be interested to know that a musky complexion is often a consequence of violent chambering of hills, the blood being, when overcharged with carbonic acid, its ruddy glow, and the skin delicate, in trying to aid in working off the poison. Soft, clear complexions are much more common in "rolling" countries than in high lands. The Swedish women have in this respect a great advantage over the Norwegian; and, so far as I can judge from personal observation, the Ayrshire girls have more to be proud of than the Highland lasses. Those who go in for pedestrianism and lawn tennis should carefully drill their breathing organs to keep their good looks (when blessed with them), or to improve their appearance when they are not good looking. Spirits suffer just as much as appearance from the self-poisoning process of which I have been speaking. Have you ever noticed what fearfully dull and cross beings gentlemen become after a hard day's deer stalking?

AN IGNORANT GENERAL.

He Wanted a Surveyor to Measure Him for a Pair of Boots.

Gen. Macaulay was completely ignorant, which sometimes caused great amusement to the better educated officers under his command.

One day one of these came to ask leave to go into the neighboring town to order himself a pair of boots.

"Bless me," said the general, "that will suit well; as you are going to the shoemaker, just come here and take my measure and order me a pair too."

The officer, much surprised, replied that he could not take his measure, as, never having been a shoemaker, he had not the least idea how to set about it.

"What?" cried the general. "I sometimes see you pass whole days looking at mountains, peering and drawing lines, and when I ask you what you are doing you answer that you are measuring the mountains. Well, if you can measure objects miles away from you, what do you mean by telling me that you cannot take my measure for a pair of boots when you have got me under your hand? Come, take my measure without any more ado!"

The officer assured him that it was impossible. The general insisted and got angry, and it was only with great difficulty that other officers, attracted by the noise, succeeded in bringing this ridiculous scene to an end. The general never would understand how an officer who measured the mountains could be unable to measure a man for a pair of boots.

A Queer Old Texas.

An eccentric character named Brit Bailey came from Tennessee to Texas in 1850. While en route in company with several others he requested each man to tell what he was coming to Texas for. When all were through it came to his turn, and he said: "I am going to Texas to establish a character. I have not got any at home, and I am going to try to establish one in Texas." He settled at Bailey's place, and soon after trouble commenced with the Mexicans, and he participated in the battle of Velasco. He carried home with him a cannon ball as a relic of this fight. When he came to die he requested to be buried standing up six feet under the earth, which would require a grave of more than twelve feet in depth, as he was six feet two inches in height. He also requested that there should be buried with him his rifle, one hundred rounds of ammunition, his butcher knife, two plugs of tobacco, one bottle of whiskey, his dog and the capon he had from Velasco. All this was done with the exception of the dog. He died at home in 1858 on Bailey's place, Brazos county, and was buried on Oyster creek. He was liked, and respected by all who knew him.

A Deep-Son Banquet.

Some time ago the labor of deepening the harbor of Ootat was completed. On that occasion the contractor gave to the members of his staff and the representatives of the press a banquet unprecedented for its originality. The table was set eight meters below the level of the sea, at the very bottom of the harbor, inside the "caisson" in which the excavators had been at work, and only the narrow walls of this caisson separated the guests from the enormous mass of water around and above their heads. The new-fashioned banquet hall was splendidly decorated and lighted, and, but for a certain humming in the ears caused by the pressure of air kept up in the chamber in order to prevent the intrusion of the water, nobody would have suspected that the slightest interruption in the working of the air pump would have sufficed to asphyxiate the whole party. After the banquet an impressive concert prolonged the festivity for several hours, after which the guests ascended into the open air.

A Prisoner's Happy Response.

George William Curtis made a very happy response to the praise of friends at a dinner given at the Tavern club of Boston some years since upon his birthday. Dr. Holmes, Mr. Lowell and President Norton had all said their say and said it well, when Mr. Curtis was called upon to respond. He was of illustrious lineage and he told the story of an Oriental prince and his minister. Prince and minister walked along one day

the latter carrying in his hand a jar, which he presently uncorked. From the open mouth of the vessel rose a gas, and this the minister inhaled. Thick fumes curled up from the burning gas and gradually took such shape that the prince could not help recognizing traces of his own features, though glorified and ennobled. "Can it be that this picture is me?" asked the flattered prince. "Yes," smiled the minister, "not, however, as you are, but as you ought to be."

SOMETHING OF AN IDIOT.

The Man Who Wound an Eight-Day Clock Every Night for Forty Years.

Roxes county, Mass., has been noted not only for its legal lights, like Rufus Choate, Caleb Cushing, Judge Story and others, but also for its deputy sheriffs, some of whom have served many years.

One of these men, Daniel Potter, many amusing stories have been told. At one time he entered a newspaper office in Salem, and addressing the only scribe who was in sight, said:

"I thought I would tell you that tomorrow I shall go where I never went before, and can never go again."

The scribe, knowing his caller, promptly "gave it up," and then Mr. Potter said:

"It is into my eightieth year!"

Some years ago these old deputies had a gathering at the home of a certain one of their number in Gloucester. While they were roaming about the house, the host called the attention of his guests to an old clock, a great favorite of his.

He told his friends of his great attachment to this ancient timepiece, and grew quite pathetic at certain points in his remarks, which he brought to a close by saying, in a voice full of emotion:

"Gentlemen, I have wound up that clock every night for more than forty years."

He had evidently made an impression on his visitors, when one old deputy, who had been carefully examining the clock, turned the tide of feeling evoked by the story by saying, dryly:

"Well, I always did think you were something of an idiot! That's an eight-day clock!"—Youth's Companion.

AGRICULTURE IN RUSSIA.

The Farmers Are Not in Love With Their Calling.

The predominant trait of rulers from Caesar downward is an invincible hypocrisy. People of education and experience are invited to occupy themselves with agriculture, but they are well aware that no sooner have they arrived and settled down than they will be unceremoniously expelled again. The Jews are blamed for avoiding agriculture, and are accused of not wishing to live by the sweat of their brow; yet they are forbidden to colonize without the pale or to own property. The Jews might round on his persecutors and say to them: "You condemn me for not taking kindly to farming, while you yourselves, Pharisees that you are, have reduced your farms to the last stage of impoverishment. God be praised, we Jews have had no part in it, but to every you or to wish to be in your position is more than can be expected of us."

All this talk of agriculture, says the Contemporary Review, is mere clumsy hypocrisy. The peasants fly from the land, happy, indeed, to find some other occupation. Others are not permitted to take their places those who have the right are too ignorant to do anything, and the result is—chaos.

A HUNGRY MAN'S DREAMS.

The Banquet Always Turned Just as He Began to Eat.

One of the worst evils attending penal servitude is said to be the hunger which assails a man with a healthy appetite during the first few months or years of his imprisonment, says the Boston Globe. A man who has just done a long term for forgery says:

"I used to go to bed every night pinched by hunger. I began dreaming of banquets, and would have thought nothing strange about it had not the same dream come to me every night. The banquet was always the same, in the same place, and I always had the same plate at the table."

"The exasperating thing about it was that just as the first course was offered I always awoke, so that even in my dreams I was not permitted to taste of the magnificent spread which was nightly presented to me in my sleep."

"I dreamed to go to bed, because the dream tormented me. It only made me the hungrier, and I then understood the agony of Tantalus, the fable hero who was tortured with thirst and to whose lips the waters were ever coming and receding just as he was in the act of taking a drink."

ONE MASS OF SCALES.

Afflicted 3 Years by Dreadful Skin and Blood Disease, with Intense Pain and Loss of Hair.

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